

The Official USU Newsletter

the pulse

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**USU
off-campus**

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Cover Photo by Ken Frager

On the cover

When they leave the USU campus at the end of the day, Sarah Wolff and Blaine Heinonen take on significantly different roles, hitting the regional music stage as Blaine & Sarah. (see story page 4)



Brigade Master Chief sets his sights on success

by MC1 Chad Hallford



Photo by Ken Frager

Master Chief Hospital Corpsman (SW/AW/FMF) Patrick Hyde, left, discusses Brigade activities with members of the administrative support staff.

Master Chief Hospital Corpsman Patrick Hyde, USU's new command senior enlisted leader, is ready to make his mark on the Brigade and its operations.

"I've served in many elements of the fleet and traveled throughout the world in my 23-plus-year Naval career, and I've enjoyed it all," said Master Chief Hyde. "But as you join any command, it is important to understand each command's unique qualities and that it is the diversity of co-workers that enables the command team to accomplish its mission."

Master Chief Hyde's qualifications, coming from the Surface, Aviation and Fleet Marine Force communities, embed versatility and provide a wealth of varied experiences from which to draw leadership and mentoring skills.

"The greatest impact in shaping my career came from mentors — the individuals who, throughout my career, took the time to share their knowledge and provide guidance along my journey to becoming the leader I am today," said Master Chief Hyde.

Master Chief Hyde, a native of Kingston, Jamaica, has taken the reins at USU following the recent transfer of Master Chief Clinton Garrett to Navy Medicine Manpower Planning Training and Education Command.

"The other factor (impacting my personal growth into a leader) has been my selection to some of the difficult duty stations and not shying away from the arduous taskings," said Master Chief Hyde. "From working at commands like the Fleet Surgical Teams, to working with the Marines, I have been able to develop a belief within myself that any goal or opportunity is achievable if I set all my efforts into accomplishing a task."

Before Master Chief Hyde arrived at USU he had been touched and healed by the work of USU education, literally. A recipient of the Bronze Star Medal, the Purple Heart Medal and the Meritorious Service Medal, Master Chief Hyde was injured during a combat tour when an IED exploded and severely injured his arm.

"One person who truly impacted my career is Cmdr. (Dr.) Patricia McKay," he said. "I had arrived from Germany to National Naval Medical Center awaiting surgery to repair damage to my left arm following an explosive blast. Dr. McKay, my surgeon, made no promises, but reassured me they were going to do everything possible. And then she told me the truth without sugar coating it — that the next few months would be difficult, but that I would be key to my own recovery."

Master Chief Hyde's career in the Navy was certainly extended by the education of USU and he intends to return the favor. And long before he departs USU, Master Chief Hyde offers the following advice: "As you join any command, ensure your efforts are felt command-wide. Understand the differences in your co-workers and how that diversity enables the command team to accomplish its mission. Show those watching you that your achievements are in-tune with the organizations commitment to its people. Be a lifelong learner. Make sure you leave a lasting impact that makes them miss you as you leave."

"Old friend" becomes new GSN director

by Christine Creenan-Jones



Photo by Thomas Balfour

"I have a deep and abiding passion to inspire the very best from people," said Penny Pierce, USU's new director of the PhD in Nursing Science Program.

Penny Pierce, PhD, may be new to USU, but she was part of the university mold long before she arrived on campus three months ago.

After all, the seasoned military officer has served in foreign lands, broken barriers, and taught in American universities for the past three decades.

Coming to Bethesda and mentoring others who have done the same, was a homecoming for USU's new director of the Nurse PhD Program.

"I'm thrilled to be a part of this great community, because I'm surrounded by so many brilliant minds with a passion to serve," she said. "Military nurses share a special kinship, and this feeling pulsates through USU's halls."

Part of the connection Pierce feels toward her students, comes from knowing the difficult courses each will follow as the future leaders of military medicine. The retired colonel from the Air Force Reserves helped carve their paths when she became the first nurse corps officer to command an Aeromedical Evacuation Squadron in 1986.

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UFHC patients get quality of care upgrade

by Staff Sgt. Matthew Rosine

The University Family Health Center (UFHC) has completed the transition of all enrolled beneficiary information into a new electronic communication system.

This transition, which is in line with the continuing effort to improve the quality of care the center, provides the UFHC customers with a completely secured electronic communication capability to speak to their health care providers without having to leave their homes.

"The UFHC is aligning itself with the MHS' goals for a Patient-Centered Medical Home," said Navy Capt. (Dr.) Jeff Quinlan, the director of the UFHC. "The key is improved and secure access and communication between a customer and their provider. The best part for the patient is that the system virtually increases the number of hours providers are available to them."

The first option for customers is a secure email using RelayHealth. Customers have used this option in the past and the UFHC is continuing to enroll individuals and families into this system. RelayHealth allows patients to email their provider using a secure server, and providers can return emails in a timely manner, based on their availability.

The next option for patients is ChatBlazer. The ChatBlazer system is a secure instant messaging system. The UFHC providers have posted hours on the Web site that show when they are available throughout the week. These hours are often outside the typical clinic hours. Since this system allows for real-time "visits" with a provider, a patient can receive almost instant answers to questions and concerns. The provider can electronically "triage" a patient to determine if they need to be scheduled for a clinic visit.

Patients can also receive lab and radiology results without actually



Photo by Staff Sgt. Matthew Rosine

Jakyung Berry discusses the UFHC's secured electronic communication capability with Fatima Bashir during a recent well-baby check-up. The UFHC's electronic capability allows patients to speak to their health care providers from the comfort of their own homes.

coming to the clinic, discuss acute problems with their provider and even obtain medication refills.

"In come cases, these new electronic systems will replace a traditional visit," Quinlan said. "Now some patients can get the quick answer they need without having to schedule an appointment, fight traffic and find a parking spot."

The UFHC reminds patients that these two systems are not mutually exclusive. Patients are encouraged to enroll in both programs and use them instead of USU email or other non-secure, non-HIPAA compliant email systems.

Patients who would like to enroll in these options, can contact the UFHC clinic front desk at (301) 295-3630.

"This is really a great option for our patients and for our staff," Dr. Quinlan said. "Not only is it convenient, but it is fast, easy to use and secure."

Rock stars in the making

by Ken Frager



Courtesy Photo

Sitting at their respective desks, you would never suspect that the quiet junior programmer who answers questions about the DTS system for the Resource Management office and the administrative support staffer for the Institutional Animal Use and Care committee were shooting for stardom when they leave the office for the day. But just type their names “Blaine and Sarah” into a Google Search box and be ready to be entertained.

Sarah Wolff and Blaine Heinonen, whose music has been described as “soulful Americana” have been turning heads in the music world for more than two years together, but it would seem that their future is even brighter than their already bright past.

“We are very good partners and really complement one another,” said Sarah, who started her singing only a few years ago but quickly realized her potential and her limitations. “I started off singing rock music with various bands, singing cover songs and playing area open-mikes. But I felt like I needed to add some variety and to be recognized for my own style and voice.” That’s when Blaine entered the picture.

Blaine got his start in “metal” music and even took a chance at fame, trying out for American Idol on his own in 2008. “That was a great experience, even though I didn’t make the cut,” said Blaine. By 2009, Sarah and Blaine had formed a duet, playing with hired musicians, and decided that they could try the American Idol

route together. When the show held tryouts in Orlando they were in line. “We met others who were in the same boat while we were waiting and sort of did mock auditions,” said Blaine. The duo didn’t get selected to advance, but they did form bonds and realized that together they could achieve more than they could individually.

Today, Sarah and Blaine are performing a mix of music that brings together emphasis from the roaring ‘20s, to big band, to rockabilly and honky tonk. “Blaine bring lots of soul to his writing and singing...sort of gritty and manly,” said Sarah. Blaine describes Sarah’s contributions as rockabilly and twangy, more country-ish. “She sounds like ‘awesome’ with an amazing presence in her voice that is very distinct,” said Blaine.

While their individual styles are unique, together they agree they make very good partners. “There is so much going on when we perform, with the accompanying instruments and our combined voices, it’s enjoyable.” It would seem the critics agree.

The duo has several performances scheduled in the area in during the Spring, from Fredericksburg, Virginia to Frederick, Maryland, and they have been invited to play on the ‘We R Indie’ mainstage at the ‘We R Indie & Indiegrrrl International Music Conference’ in Knoxville, Tenn., in August 2011.

When they aren’t at USU, you can find Blaine and Sarah on Facebook, Youtube and MySpace.

New GSN director

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“Life was really exciting at that time because it was a new role and the prevailing view was that women were not suited to leadership – especially in a flying squadron,” she said. “I was making a difference, taking care of troops and changing attitudes.”

Pierce was also accomplishing a life-long goal on those missions, hundreds of feet in the air. The hard-charging flight nurse helped people like her father – a World War II veteran, who was wounded on Bataan and later captured by Japanese troops.

“My father did not receive proper medical attention and was basically left for dead,” Pierce said. “He ultimately survived the POW camps but went through life-long trauma. His ordeal definitely inspired me to choose nursing, because I wanted to make sure other servicemembers received the care they deserve.”

She is still motivated by this goal and continues to pioneer breakthroughs today. Pierce is the principal investigator for several ongoing studies focusing on military women’s health, post-deployment physical and emotional health and retention.

“I love my work, because servicemembers are such a dedicated group of people,” she said. “They volunteer for some of the world’s most dangerous jobs and manage to stay committed despite the hardships and sacrifice. Understanding their experiences underlies my research as well as my desire to educate future scientists and scholars to carry this important work forward.”

Fueled by challenges and love

by Christine Creenan-Jones



The Huntington family (l-r) Tyler, Stephen, Christian, and Gloria holding Gabby.

He's known as a jack-of-all-trades at USU, because his day is usually a whirl of constant activity – making travel arrangements for students, mentoring uniformed personnel, carrying out the commandant's orders and juggling a thousand other projects.

But, Master Sgt. Stephen Huntington doesn't mind the bustle – even on his busiest duty days.

He's used to it.

"My two oldest children have autism and I have a three-year old with tons of energy," said MSgt Huntington. "A lot of work goes into raising a family, and the challenges are compounded when you have kids with special needs. Still, I wouldn't trade my struggles for anything in the world, because my family means everything to me."

Love fuels Huntington, but accepting his family's imperfections did not always come easy.

"When I found out my oldest son, Christian, had autism, I was relieved in a way," he said. "My wife and I knew our son was having problems, and we wanted to find ways to help him. But Tyler's diagnosis, just one year later, felt like a slap in the face. We couldn't believe this was happening to us again."

Family, friends and a USU pediatrician helped Huntington move past the resentment.

"Dr. Virginia Randall understood that healing our family only began with a diagnosis," he said. "She connected us with a lot of different resources that are

designed to help us deal with every part of a complex disorder like autism."

Dr. Randall, associate professor of Pediatrics in the F. Edward Hébert

School of Medicine, started treating Huntington's children long before he arrived on campus. She recommended interventions directly targeting the symptoms of autism and ones aimed at supporting the entire family, including enrollment in the Exceptional Family Member Program, a military-sponsored support service for uniformed personnel with special needs.

"Care on military bases reaches far beyond medicine alone, and it's more comprehensive," Huntington said. "Other parents we know that are raising children with autism don't have access to the same kinds of quality programs without paying huge fees. I feel lucky to be a part of an organization that cares so much about my family's welfare."

Huntington is thankful for many other small blessings these days as well, including his current assignment at USU, because he is surrounded by health professionals who understand the unique challenges Huntington faces every day.

"I used to see Dr. Randall at the hospital all the time, and now I cross paths with her on campus. She is part of the university faculty responsible for teaching tomorrow's military providers how to practice patient-focused medicine," he said. "It's an honor to be a part of this important mission at USU. My family has faced a lot of different challenges, but military medicine has guided us every step of the way."

HPRC Health Tips

The Human Performance Resource Center Health Tips is a new column intended to provide the USU community with information to help develop and maintain a healthy lifestyle. Check out the HPRC website at: <http://humanperformanceresourcecenter.org>.

Reap mental benefits from outdoor exercise

Working out in nature may have a slight mental health advantage when compared to exercising in the gym. A recent journal article reports that exercising in natural environments was associated with "greater feelings of revitalization, increased energy and positive engagement, together with decreases in tension, confusion, anger and depression."

Heighten mind-body connection with meditation

Consider adding meditative practice to your fitness routine and tap into your mind-body connection to enhance mental performance. A recent study found that meditators (practicing Vipassana meditation) were more in tune with their bodies than were dancers-professionals trained to read (and control) their bodies.

"Unplug" at least one hour before bedtime for quality sleep

A recent National Sleep Foundation (NSF) poll suggests that electronic gadgets may be preventing us from getting adequate sleep. If you're finding that entertainment or work-related communications, like computer use, texting and watching television, are creating anxiety, remove these distractions from your bedroom. The NSF suggests a cool, comfortable sleeping environment that is free of distractions.

Surgery leader honored with American Venous Forum's Founders Award

by Ken Frager

USU professor of Surgery Norman Rich, MD, FACS, DMCC, was the 2011 recipient of the American Venous Forum Founder's Award. The award, which was presented on February 26, during the American Venous Forum's 23rd Annual Meeting in San Diego, recognizes an individual who has made important contributions to the field of venous and lymphatic disease and/or whose exceptional efforts have left an indelible mark on the American Venous Forum. The award was first presented in 2004.

"The American Venous Forum is proud to honor Dr. Rich for providing leadership in the management and treatment of venous disease for more than four decades," said Peter Pappas, MD, president of the American Venous Forum.

According to the AVF's announcement, Dr. Rich played a critical role as part of a group of surgeons who had the vision and commitment



Photo by Thomas Balfour

to establish the American Venous Forum in order to improve venous and lymphatic health.

"The contributions Dr. Rich has made throughout his career to venous disease, both scientifically and from an organizational standpoint, have really moved the field forward from its infancy," said Mark Meissner, MD, University of Washington. "He has really shaped the questions and

changed the management of venous disease during that period of time."

In addition to being the namesake on both the Norman M. Rich Department of Surgery at USU and the Norman M. Rich Lecture in Vascular Trauma by the Peripheral Vascular Surgery Society, Dr. Rich is the Leonard Heaton-David Packard Professor and a past surgery department chair. Dr. Rich began his career as a surgeon in the Army. After serving the troops in Vietnam for a year, he created a vascular registry based on the hundreds of cases he saw there and began lecturing about his experience at medical schools and conferences in the U.S. and abroad. Dr. Rich has received numerous national and international awards including the J. E. Wallace Sterling Lifetime Alumni Achievement Award from the Stanford Medical Alumni Association, the Lifetime Achievement Award from the Eastern Vascular Society, and the DeBakey Award from the Michael E. DeBakey International Surgical Society.

Heart heroes honored



Courtesy Photo

Pictured, Senior Vice President of Health Industry for CGI, Dr. Jim Peake, Dr. Mark Haigney, Director of Cardiology, Professor of Medicine and Professor of Pharmacology at USU, Commander (Dr.) Erich Wedam, Cardiac Electrophysiologist at National Naval Medical Center, Lieutenant Commander (Dr.) Rupa Dainer (SoM '95), Pediatric Anesthesiologist at the National Naval Medical Center, Major (Dr.) Craig Dobson, Pediatric Cardiologist at Walter Reed Army Medical Center, Major (Dr.) Kevin Woods, Director of the Anticoagulation Clinic at National Naval Medical Center, Cheryl Campbell, Senior Vice President, CGI and American Heart Association Board Member, and Jeremy Beauchamp, Executive Vice President, American Heart Association Mid-Atlantic Affiliate.

USU's Director of Cardiology, Dr. Mark Haigney, and USU alumna Navy Lt. Cmdr. (Dr.) Rupa Dainer (SoM '95), were honored by the American Heart Association as Heart Heroes during the 2011 Greater Washington Region Heart Ball.

Briefs

Using Computer Resources

Security incidents continue to be a drain to limited USU Information Assurance manpower. The following highlight current DoD policy and best practices:

Personnel must not install self-coded or non-licensed software on network resources; add, remove, configure, or attempt to modify USU computer operating systems or programs; move audio/visual or network cables, computers or attempt to connect personal computers to the network including MDL and lecture hall spaces; connect personal devices except for those previously authorized by NOC; download pornographic material and store or display offensive material, such as racist literature, sexually harassing or obscene language or material; store or process classified information on any USU system.

Personnel must not permit unauthorized individuals access to a government-owned or government-operated system or program; access online gambling, games and social engineering sites, dates or times.

Helpdesk Closure

The NOC helpdesk is closed for training on Thursdays from 10 to 11 a.m.

During this time, you can leave a voicemail message at 295-9800, utilize the HEAT Self Service (<http://www.usuhs.mil/uis/forms/trouble.html>), or email help@usuhs.mil.

If an emergency should arise, please call 295-9870.

Exercise/Fitness Areas

Physical Fitness training should be conducted in designated areas.

The only authorized space for PT within the university is room G060.

The campus' Student Community Lounge area is also authorized, but only during specified PFT dates or times.

Professional activities

The Department of Defense and USU policy requires that all employees, both military and civilian, receive approval for engaging in any activity outside their work environment, which involves their professional expertise or government occupation, and involves compensation.

This approval is required prior to engaging in the activity.

In order to get approval, any employee can complete a USU Form 1004. This completed form must be approved

and signed by each department chair or activity head.

These forms are available in the General Counsel's office or online at the USU OGC Web site.

Completed forms must be turned in to the General Counsel's office. The form will be routed to the appropriate dean, brigade commander or USU president.

Once processing is completed, a copy of the approved form will be returned to the employee for the employee's records.

Contacting University Media Services

The Customer Service section of University Media Services (UMS), which includes graphics and multimedia design, has moved back to its recently renovated and improved location on the ground floor, Room G070. The UMS staff is available Monday-Friday, from 0730-1600, to assist you with all of your photo, video and graphic design needs, including medical illustrations.

The following is an updated phone listing for the UMS customer service area:

Front Desk	301-295-3337
Medical Photography	Tom Balfour 301-295-0240
Audio and Video Services	Willie Allen 301-295-9395
Graphics	Weekly Rotating Artist 301-295-9400
Graphics Supervisor	301-295-0257
Multimedia Design Supervisor	301-295-3339

Funding Applications

The USU Merit Review Committee is accepting applications for the fiscal year 2012 USU Intramural Research Funding.

Applications may be submitted for Pilot, Standard and Exploratory grant funding. New or revised applications will be accepted. Competing continuations are no longer funded. These applications are for basic, clinical or behavioral research.

Projects will be evaluated for demonstrated relevance to military concerns and/or are specific to the USU mission.

Eligibility for funding from the University's intramural program is restricted to USU-billeted civilian and uniformed faculty members with full, associate or assistant professor titles.

Late applications will not be accepted and incomplete applications will not be reviewed.

Applications must be submitted by June 17, 2011.

For additional information: <http://www.usuhs.mil/research/intramuralfunds.html> or contact the Office of Research at (301) 295-3303.



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